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FROM WINE TO TEA, SCIENTISTS ARE LOOKING AT WHAT WE SIP AS HAVING A SIGNIFICANT IMPACT ON OUR WELL-BEING

PAGE 14

Containment may not be enough to stop Ebola

Vaccine may be only way to halt outbreak, experts fear PAGE 8

Flying into a Mideast war

House of Commons poised to approve a motion that would deploy fighter jets in Iraq for up to six months PAGE 6

OHH, THE GOOD OLD HOCKEY GAME ...

Goalie Ryan Miller stretches to make a save against the Edmonton Oilers during the Vancouver Canucks' final preseason game on Saturday. The Canucks open their regular season tomorrow night in Calgary. See page 22 for Metro's season preview. DARRYL DYCK/THE CANADIAN PRESS

LNG delay threatened

Energy. Petronas warns it may freeze development in B.C. unless it gets favourable tax, regulatory deals

A major player in B.C.'s liquefied natural gas sweepstakes has rained on Premier Christy Clark's throne speech, which laid out the government's plans for the industry in the coming months.

Malaysian energy giant Petronas, which is planning a multibillion-dollar LNG export facility near Prince Rupert, chose the opening of the legislature Monday to issue a statement, saying it may delay development for a decade unless it can reach cost and environmental agreements with provincial and federal governments by month's end.

Clark also rejected suggestions the government was downplaying its expectations for LNG because the throne speech did not mention past statements of creating 100,000 new jobs and eliminating the provincial debt, currently at more than $60 billion.

Clark said at a news conference following the speech that she is focused on the job at hand, not repeating past promises about LNG and its benefits.

The Petronas statement said "tax and high-cost environment will negatively impact the project's economic viability and competitiveness. In fact, in our last portfolio review exercise, the current project economics appeared marginal."

Clark said talks between Petronas and the government are at the crunch point and she viewed the company's statement as a negotiating tactic.

THE CANADIAN PRESS

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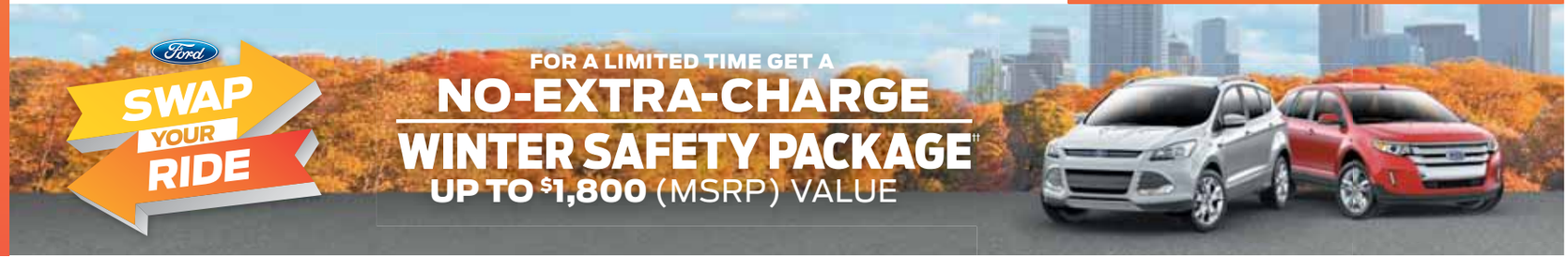

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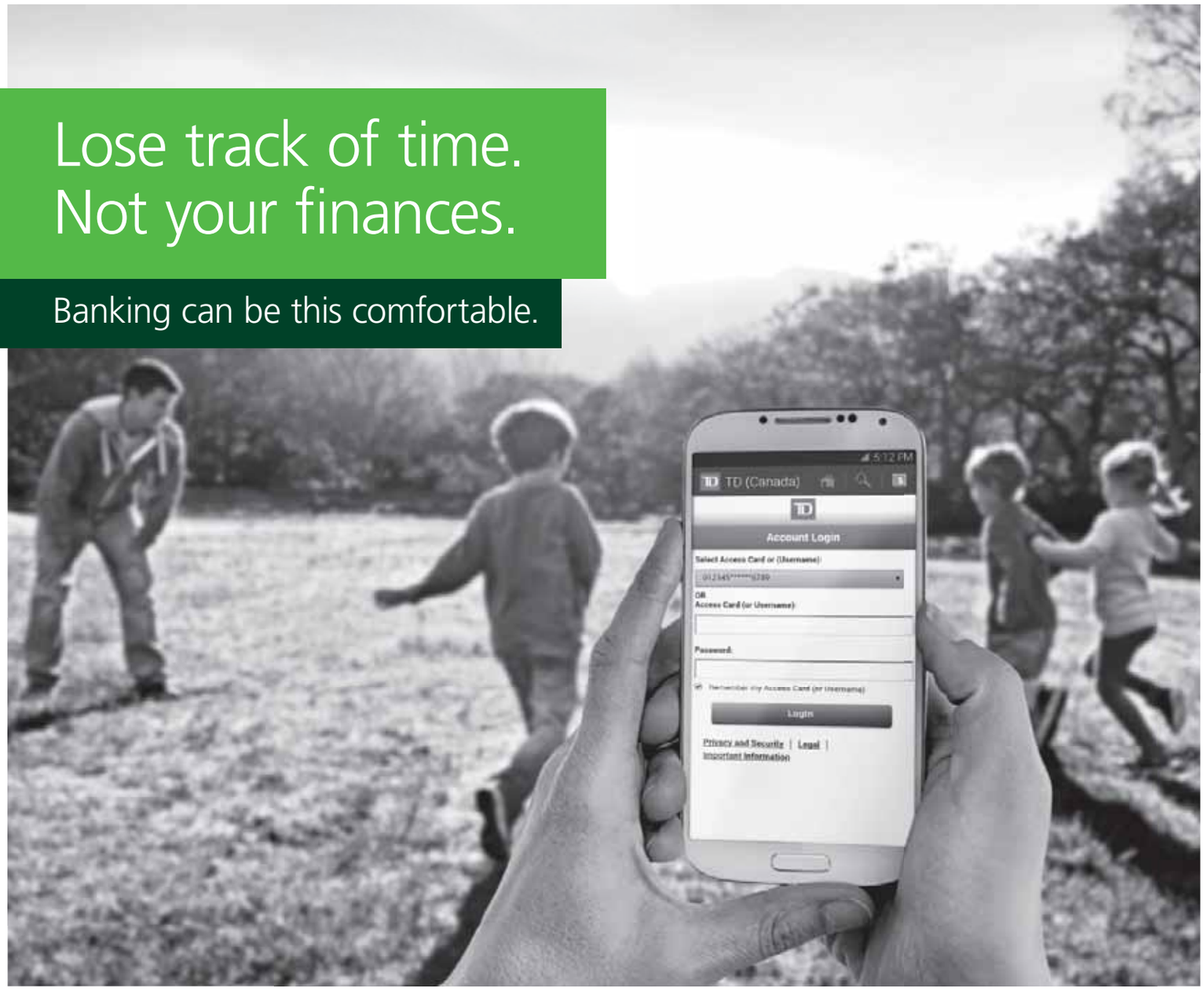

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FIVE THINGS YOU NEED TO KNOW TODAY

1

MAYORAL RACE

Join us at metronews.ca/vancouver for our ongoing Metro chats with Vancouver mayoral candidates. Today we're chatting with independent candidate Bob Kasting at 10:30 a.m. and COPE candidate Meena Wong at noon.

2

UNVEILING A NEW PLAN

The provincial government is expected to unveil its new transportation plan at around 9 o'clock this morning in Victoria.

3

GALLIANO BACK IN FASHION

It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection in Paris next January.

4

CAN-LIT LIGHTS

Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5

MOONSTRUCK

If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

Researcher warns against 'risky' grizzly trophy hunt

Unsustainable?
Simon Fraser University biologist says the animals are at risk of overkill

MATT KIELTYKA
matt.kieltyka@metronews.ca

The provincial government needs to take a more cautious approach to protecting grizzly bear populations as the fall hunting season gets underway, according to a researcher.

Simon Fraser University biologist Kyle Artelle is critical of B.C. granting 1,609 authorizations for the fall grizzly hunt (which began Oct. 1), saying the species is at risk of overkill.

Artelle first sounded the alarm last fall, when he and a team of researchers published a report in the Public Library of Science, which concluded grizzlies were overhunted by the hundreds from 2001-2011 based on government data.

At the time, Artelle urged the government to scale back the number of hunting licences it issues in case estimates of 15,000 grizzlies currently living in B.C. are inaccurate.

"Nothing has changed. If anything, it's become more risky," Artelle said Monday. "We don't argue that the best guess for the grizzly population is 15,000. But it's an estimate, the number could be lower or it could be higher. We can't know exactly."

That uncertainty means the government should be taking on "more cautious management systems," Artelle says.

The Ministry of Forests, Lands and Natural Resource Operations, however, defends its practices, saying in a statement to Metro that "adjustments are made annually as necessary to ensure the harvest limit does not exceed a certain level over a five-year period."

Of the 3,633 authorizations granted during the spring and fall grizzly hunts in 2013, just 239 bears were actually killed.

The province also has restrictions on where and how a grizzly can be hunted among the 56 known grizzly bear population units, to ensure the hunt is "sustainable and conservative".

A mother grizzly bear walks with her cub on a British Columbia beach. DOUGLAS NEASLOSS/BEARSFOREVER.CA

Approximately 35 per cent of the province (in areas where populations are typically lower) is closed to grizzly hunting, the ministry says.

There were 1,458 authorizations issued earlier this year for the spring hunt.

While Artelle acknowledges the majority of hunting authorizations don't end up as kills, granting 1,609 authorizations this fall still opens the door to an unexpectedly successful hunting season that could set the population back.

He says that, unlike other game, grizzly bears are especially vulnerable to overkill as their reproductive cycles are slow and populations take more time to recover.

Any bears killed during this season must be reported and inspected within 30 days or before Dec. 5.

Harvest data for this year will then determine how many authorizations will be available for 2015.

The trophy hunting of bears continues to be a contentious issue for other reasons as well.

Coastal First Nations have a ban on the activity, which isn't recognized by government.

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Hearing. Officer admits he pushed disabled woman

A Vancouver police officer who was captured on video pushing a disabled woman to the ground admitted Monday that he abused his authority and used unnecessary force.

But Const. Taylor Robinson's lawyer told a disciplinary hearing the incident was a lapse of judgment and that a two-day suspension would be punishment enough.

The province's police complaint commissioner asked for a suspension of eight to 10 days, while the lawyer for the woman who was pushed called for 15 days.

Robinson was walking along a busy sidewalk with two other officers in June 2010 when Sandy Davidsen, who has multiple sclerosis and cerebral palsy, approached the trio from the opposite direction.

Security camera footage of the incident shows Davidsen, who walks with an unsteady gait, moving between Robinson and one of the other officers.

Robinson responds by pushing her to the ground and walking away with his colleagues.

Robinson previously admitted he neglected his duty by not checking to see if Davidsen needed help after she fell, but he denied he abused his authority when he pushed her.

THE CANADIAN PRESS

Stanley Park

Cyclist's speed not a factor in fatal crash

The cyclist's speed was not a factor in a collision that killed an elderly pedestrian in Stanley Park on Friday, according to Vancouver police.

The 71-year-old Chinese tourist was visiting the totem poles with a fairly large group when he stepped into the roadway around 4 p.m., Sgt. Randy Fincham said at a news conference Monday. The man later died from head injuries.

"We're not looking at the cyclist's speed being a factor," Sgt. Randy Fincham said. The cyclist remained on scene and is co-operating with police.

EMILY JACKSON/METRO

'The future is as murky as a boiling pot of pasta'

Religious headgear. Pastafarian straining to fight for his 'right' to wear colander in driver's licence photo

A Surrey, B.C., man is boiling mad he can't legally drive until he removes his unusual religious headgear, a spaghetti strainer, for his driver's licence photo.

Obi Canuel, 36, said he tried to renew his interim driver's licence on Friday, but was told the Insurance Corporation of B.C. would not issue him a new one until he agreed to take off the colander.

"I refused," Canuel told Metro. "I want to have the right to express myself in the religious way of my choosing."

A self-styled Pastafarian, Canuel's plight began nearly a year ago when he tried to renew his driver's licence and posed for a new photo wearing a colander. In July, the insurer sent Canuel a letter refusing to grant him a new licence using the photo, stating "there is no religious requirement that prohibits you from removing the colander."

Obi Canuel says ICBC is denying his right to wear religious headgear, a colander, in his driver's licence photo. He already has a B.C. services card with a photo of him wearing the spaghetti strainer. CONTRIBUTED

As an ordained minister in the Church of the Flying Spaghetti Monster — a parody religion in which members say they believe the world was created by a drunken, flying spaghetti monster — Canuel said ICBC's refusal to allow him to wear a colander for his driver's licence photo infringes on his rights under the Canadian Charter of Rights and Freedoms.

Certificates of ordination can be obtained by anyone who sends $20 US ($30 for international orders) to the website venganza.org.

"It certainly seems that ICBC is less friendly towards Pastafarians, and I wish that they would embrace the spaghetti a little more," he said.

Adam Grossman, a spokesman for ICBC, said the insurance corporation issued Canuel an interim driver's licence only while they considered his request to wear the colander in his I.D. photo.

Grossman said ICBC always tries to accommodate customers with head coverings where their faith prohibits them from removing it, but that Canuel could not provide any proof that his faith prohibits it.

As for Canuel's next step, he said he isn't sure if he plans to give up his battle against ICBC.

"The future is as murky as a boiling pot of pasta," he said, "but I have faith that things will turn out right for me."

THANDI FLETCHER/METRO

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Councillor: City's green goals are off track

Election. Green Party candidate Adriane Carr says striving for awards not as important as environmental action

Vancouver's lone Green Party councillor thinks the city's goal to be the greenest in the world by 2020 has steered it to strive for awards rather than environmental action.

Coun. Adriane Carr questioned the purpose of the goals implemented by the dominant civic party Vision Vancouver in an online chat with Metro on Monday, the first of a series of conversations with municipal party leaders in advance of the Nov. 15 election.

Her party wouldn't necessarily aim to be the greenest in the world, because that emphasizes measurements used to obtain accolades, Carr said.

"We think that puts you off track," Carr said. "For example, awards that say, 'Oh you're so green because you use LEED standards for housing' — LEED is not energy efficient compared to passive housing."

If the Green Party had its way — while it isn't running a mayoral candidate or enough council candidates to get a majority on council, it hopes to land three seats and the balance of power — it would focus on passive housing, a rigorous design standard that minimizes the need for heating and cooling, Carr said.

"We've missed the boat on that and we are not achieving our greenhouse gas emission reduction targets that we've aimed for 2020," she said.

Vancouver's goal is to reduce energy use and greenhouse gas emissions in existing buildings by 20 per cent over 2007 levels. It has so far reduced such emissions by three per cent, according to city statistics.

EMILY JACKSON/METRO

Adriane Carr is running for re-election on Nov. 15. EMILY JACKSON/METRO FILE

Sex assaults. Police warn public after attacks on three women in 6 months

Vancouver police are warning the public after three sexually-motivated attacks on older Asian women in the South Granville, Oak and Cambie neighbourhoods within the past six months.

Police believe the same man is responsible for all three attacks, the most recent of which occurred on Friday morning, Sgt. Randy Fincham said at a news conference Monday.

All three women were groped from behind and none knew the assailant, Fincham said. Race and age appear to play a role in the man's motives, but Fincham said police are investigating the attacks as sex crimes, not hate crimes.

The first attack was on an Asian woman in her 80s who was groped from behind while walking around Oak Street and West 55th Avenue on April 20. The attacker walked away, but doubled back and attacked the woman for a second time. He "casually walked off" when the woman screamed.

The second attack was on an Asian woman in her 90s who was struck violently between the legs while walking her dog near West 30th Avenue and Granville Street on June 17.

The third attack was on a middle-aged Asian woman who was groped from behind near West 64th Avenue between Granville and Oak streets on Friday. When she confronted her attacker, he punched her in the face and knocked her to the ground. She was treated in hospital for minor injuries.

All three women have suffered significant emotional distress and the level of violence in the attacks seems to be escalating, Fincham said.

Police describe the suspect as a white, 35- to 40-year-old, five-foot-10 man with a medium build wearing dark clothing.

Anyone with information is asked to call police at 604-717-2602 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Report

EV charging station use doubles in B.C.

The use of public electric vehicle charging stations has doubled in just a year, according to a new report.

The Fraser Basin Council and Powertech Labs have been tracking more than 350 of the province's 550 public charging stations and saw a 120 per cent increase in use in August 2014 over the same month last year: 3,745 charging sessions from 1,684.

Overall, there have been over 40,000 sessions reported since the stations went operational in 2013.

MATT KIELTYKA/METRO

Misconduct alleged

Surrey Six defence lawyers want mistrial

Two gang members convicted of the execution-style murders of six men in a Surrey apartment are asking the court to declare a mistrial over the alleged mishandling by police of the only other eyewitness to the killings.

Cody Haevischer and Matthew Johnston's lawyers on Monday asked the judge to put off registering convictions so they can call evidence into allegations of police misconduct involving the informer identified at trial as Person X.

THE CANADIAN PRESS

PASSPORT TO FLAVOUR

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VANCOUVER LOOKOUT

Hong Kong students vow to hold pressure

Protests shrinking. Schools reopen, civil servants return to work after protesters clear the area outside the city government headquarters

A man jumps from a barricade of pro-democracy demonstrators in Hong Kong on Monday. Exhausted Hong Kong demonstrators debated the next step in their pro-democracy campaign as their numbers dwindled after a week of rallies, and the city returned to work despite road closures and traffic gridlock. PHILIPPE LOPEZ/THE ASSOCIATED PRESS/GETTY IMAGES

The students whose calls for democratic reforms sparked the most dramatic challenge to authorities since Hong Kong returned to Chinese control are vowing to keep up the fight.

But as the numbers of protesters dwindled Monday from tens of thousands into the hundreds, it was unclear where the tumult of the past week would lead.

In the Mong Kok district, the site of weekend clashes in which mobs tried to drive the demonstrators out of the intersection they were blocking, hundreds of curious onlookers surrounded the remaining protesters Monday evening, taking pictures.

"The threats in Mong Kok have passed, and now people are just curious about the sit-in," said 36-year-old Anita Lee, a resident. "There are more onlookers than protesters."

Many in Hong Kong are wondering if the protest movement may have run its course and whether the students have a clear strategy for pressing their demand that all candidates for the city's top leader, or chief executive, not be screened by a pro-Beijing committee.

"They can't sustain attendance in protests if it goes on and on," said Michael Davis, a professor at Hong Kong University. "They need some strategy where they can withdraw the crowds so they can say to the government that if they are not sincere, they will mobilize crowds back on the streets."

Lau Kong-wah, the undersecretary of constitutional affairs, said late Monday that the government and students had agreed on terms for the talks, including that the two sides would be on an equal footing.

Lester Shum, a leader of the Hong Kong Federation of Students, confirmed the agreement, but said they had not discussed or reached a consensus on the agenda.

Chief Executive Leung Chun-ying, who has rejected the protesters' calls for his resignation, said in a TV address Monday that the government would seek "a sincere dialogue on political reform."

At the same time, Leung reiterated that everyone should stop blocking the streets.

The students say they would walk away from the talks if police, who fired tear gas and pepper spray on unarmed protesters Sept. 28, use force to clear away the remaining demonstrators. THE ASSOCIATED PRESS

Iraq. Canada debates role in ISIS battle as fighter jets prepare for takeoff

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refuelling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say that the air force will "live up to the highest standards."

National Defence was asked what sort of legal agreements were in place to protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney, would respond with only the blanket assurance that the air force is "authorized to strike (ISIS) in the Republic of Iraq."

Green party Leader Elizabeth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

"They scattered and reform after the jets leave," said May, who asked for evidence that the bombing runs would prove effective.

THE CANADIAN PRESS

Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

The FBI arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport. He is charged with attempting to provide material support to a foreign terrorist organization.

THE ASSOCIATED PRESS

Abuse. Woman who allegedly hassled girl's parents found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who expressed doubt about Kate and Gerry McCann's explanation after their daughter's disappearance.

Last week, a Sky News reporter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Last week police said they were examining a dossier of material about the McCanns from social media and online forums.

On Friday, Gerry McCann said the family had been subjected to threats of violence and kidnapping, but he is glad to see the law surrounding this issue is being reviewed.

Madeleine McCann disappeared days before her fourth birthday in May 2007 during a vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portugeuse detective alleged the McCanns were involved. THE ASSOCIATED PRESS

United Kingdom

Man admits to hammer attack

A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them.

Philip Spence has admitted three counts of grievous bodily harm. He is due to go on trial this week for attempted murder, which he denies. One woman was left in critical condition and all three suffered head and facial injuries.

THE ASSOCIATED PRESS

New Brunswick

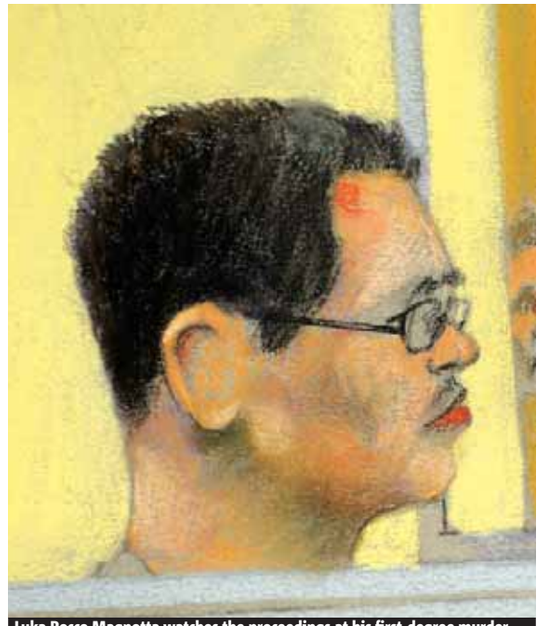
Medical-pot-smoking mountie found dead

A New Brunswick Mountie who pleaded guilty last month to assaulting four fellow RCMP officers has been found dead.

Cpl. Ron Francis made national headlines in 2013 after he complained he wasn't allowed to smoke medicinal marijuana for PTSD while in uniform.

Francis' lawyer confirmed the death. No details on the cause have been released. THE CANADIAN PRESS

Details unclear about how Lin, Magnotta met: Police



Luka Rocco Magnotta watches the proceedings at his first-degree murder trial in Montreal on Sept.30, 2014. MIKE MCLAUGHLIN/THE CANADIAN PRESS

No answers. Phone records, online activity and photos offer no conclusions as to how Lin and Magnotta came into contact

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Magnotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. THE CANADIAN PRESS

Police charge Australian woman with mischief

Calgary police have charged an Australian woman who claimed she is an underage victim of sex trafficking and exploitation.

Police say a woman walked into a city health centre last month and said she was a 14-year-old who had been abducted and sexually assaulted over a prolonged period.

She was taken to hospital where health workers and police spent hours working with her to establish the extent of her abuse and to provide care.

Police say they were notified last week of a case in Dublin, Ireland, last year in which the Irish Gardai charged a woman for making similar claims.

It's believed the woman — who uses several aliases, including Aurora Hepburn — is the same person.

Samantha Lyndell Azzopardi, 26, is charged with public mischief to mislead a peace officer. THE CANADIAN PRESS

Samantha Lyndell Azzopardi
THE CANADIAN PRESS

Inbound. Health officials debating additional Ebola screening at U.S. airports

American health officials said Monday the U.S. is weighing whether to institute extra screening at U.S. airports where travellers from Ebola-stricken African nations may be arriving, ahead of a White House meeting on the Ebola outbreak.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said "discussion is underway right now" and "all options are being looked at." The question, Fauci told CNN, is whether "the extra level of screening is going to be worth the resources you need to put into it."

"There is clear-cut screening going on in the exit end," Fauci said, referring to the Ebola-affected countries' practice of screening outbound passengers before they leave.

An MSF nurse is prepared with per sonal protection equipment in Monrovia, Liberia.

The current U.S. discussion, he said, centres on "what kind of screening you do on the entry end. That's something that's on the table now." THE ASSOCIATED PRESS

Aid. Canadian military plane takes off with face shields for West Africa

Canada has sent a military cargo plane to West Africa to deliver protective medical equipment the World Health Organization badly needs there.

The federal government announced Monday that a Hercules aircraft left CFB Trenton, Ont., to transport plastic face shields used by health teams working on the Ebola response.

The plane was destined for Freetown, Sierra Leone, bearing 128,000 face shields donated to the WHO by the government of Canada.

The WHO had requested 300,000 face shields; another shipment will be sent within the next week, the Public Health Agency of Canada said.

Last month the federal government announced it would make $2.5 million in personal protective equipment available to the WHO for the Ebola response. THE CANADIAN PRESS

Vaccine may be the only way: Experts

Epidemic too large.
Specialists losing hope of containing Ebola

Nowa Paye, 9, is taken to an ambulance after showing signs of Ebola infection in the village of Freeman Reserve, about 50 kilometres north of Liberia's capital city Monrovia. THE ASSOCIATED PRESS FILE

As West Africa's Ebola outbreak continues to rage, some experts are coming to the conclusion that it may take large amounts of vaccines and maybe even drugs — all still experimental and in short supply — to bring the outbreak under control.

Embedded in that notion is the reality that the catastrophic epidemic may remain unchecked for months, given that these products haven't yet been proven to be safe or effective in people, and won't be available in significant amounts any time soon.

"It is conceivable that this epidemic will not turn around even if we pour resources into it. It may just keep going and going and it might require a vaccine," Dr. Anthony Fauci, director of the U.S. National Institute for Allergy and Infectious Diseases, told The Canadian Press in an interview.

Earlier in the outbreak many experts insisted experimental vaccines could not be tested and produced in large enough amounts in time to affect the outcome. They stressed publicly — some still do — that the "tried-and-true" measures used to contain Ebola outbreaks in the past would eventually control this one.

Those measures are aimed at breaking the chains of transmission. The sick are housed in isolation units, where the only people they have contact with are garbed head-to-toe in protective apparel. Those who don't survive are buried in thick body bags, without the cultural rituals that often spread the disease.

Contacts of the sick are monitored for 21 days and are whisked into isolation if they start to get ill. People with Ebola are believed to be contagious only when they have symptoms, which is when they must not come into contact with others.

But this epidemic is so large it has long since outstripped the capacity of responders to care for all the sick, let alone trace their contacts. People are dying at home, infecting their families in the process. Some are dying abandoned on streets, or outside the gates of overfull treatment centres.

On Sunday, Sierra Leone reported 121 deaths. That is more deaths in a single day than recorded in most Ebola outbreaks from start to finish. The World Health Organization says to date about 7,500 people are known to have been infected with the virus, and more than 3,400 have died. THE ASSOCIATED PRESS

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Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia buying big chunk of Sun Media

Extra! Extra! Read all about it! National Post owner has a $316M deal to purchase Quebecor's English-language newspapers and websites

Postmedia is bulking up its ammunition against Facebook and Twitter by spending more than $316 million to purchase most of Sun Media, an effort it hopes will help stop the steady erosion of its advertising business.

The move will make the owner of the National Post, and a slate of other digital news properties, a significantly larger national media player and allow it to tap further into the struggling newspaper industry as it builds its online network of websites.

"We need this scale, and of course time, to be able to compete with the giant foreign-owned, digital-only companies like Google, Facebook, Yahoo, Twitter, etc.," Postmedia CEO Paul Godfrey said in a news conference on Monday.

Buying Quebecor's English-language operations puts a lot of options at Postmedia's disposal, including 175 traditional newspapers and publications, like the Sun chain of dailies, the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

Postmedia also pockets valuable real estate that could soon be on the sales block, as it focuses on assets like the Canoe.ca national news website, which is part of the acquired properties.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey said. "Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal." THE CANADIAN PRESS

Rose $3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost $22 billion US, up from the original $19 billion when the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares.

Facebook named WhatsApp co-founder and CEO Jan Koum to its board Monday. WhatsApp is by far the largest acquisition for the Menlo Park, Calif., company, and bigger than any deals made by Google, Microsoft or Apple.

The price that Facebook was willing to pay raised eyebrows when the buyout was announced Feb. 19, though analysts agreed that landing the popular site made sense. Including cash, stock and restricted stock awarded to WhatsApp employees, the deal is worth $21.8 billion based on Facebook's stock price on Monday. THE ASSOCIATED PRESS

Storied hotel

Hilton selling Waldorf Astoria for $1.95 billion

Hilton Worldwide is selling the Waldorf Astoria New York to Chinese insurance company Anbang Insurance Group Co. for $1.95 billion US.

Hilton will continue to manage the storied hotel for the next 100 years as part of an agreement with Anbang. THE ASSOCIATED PRESS

Market Minute

DOLLAR
89.84¢ (+1.02¢)

TSX
14,743.12 (-46.66)

OIL
$90.34 US (+$0.60)

GOLD
$1,207.30 US (+$14.40)

Natural gas: $3.91 US (-$0.09)
Dow Jones: 16,991.91 (-17.78)

Hewlett-Packard. Company splits in two in bid to stem tide of losses

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It also has been shifting its services business toward cloud computing opportunities as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs. THE ASSOCIATED PRESS

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GETTING OLD SUCKS — OR DOES IT?

SHE SAYS
Jessica Napier
metronews.ca

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring New Skills:** Age certainly does bring wisdom, thanks to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO:** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spending a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased Productivity:** The aforementioned low-key evenings mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better Relationships:** When you have a home, a job, and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-Love:** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

Metro Bitstrips caption contest

Today's winner:
Elrich Foster

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MetroTube

metro AR

Strange overtones giving us good vibrations

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer, Anna-Maria Hefele, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefele/YouTube)

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

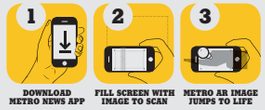
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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CREATIVITY for LIFE

DVD review

Live Die Repeat: Edge of Tomorrow

Director. Doug Liman, Julianne Jordan

Stars. Tom Cruise, Emily Blunt

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy Edge of Tomorrow — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. He's protecting Earth against invading spidery giant aliens. You kill one, and 10 more come after you. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, The Bourne Identity) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel All You Need Is Kill. Live, Die, Repeat has so much going for it — there are even a few good laughs — you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on The Da Vinci Code. PETER HOWELL

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us

NED EHRBAR
Metro World News in Hollywood

metro AR Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, Men, Women and Children, about how technology complicates people's attempts at love, sex and connection.

So, the Internet.
I'm living in an age of uncertainty in my business, which is caused by the Internet, which has brought uncertainty to so many people's lives — in their jobs, love relationships and relationships with their children. It is a moment of great question. It is the dawn of an industry like humanity has never seen. I don't think that the printing press comes close. It is something that relates to everybody. It's clear that nobody has any answers. You can watch as many TED conferences as you want, we just don't know.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?
It's the ability to communicate with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad. Everything is instantaneous, and the availability to young people threatens the concept of innocence, if you believe in it at all.

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?
We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet that would have pages you could navigate where every user, every like, every ad was our own. The first thing was to create an Internet that we 100 per cent recognize the way that we would recognize ... Starbucks or Gap.

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Novel salutes 'city of neighbourhoods'

Adult Onset. Author Ann-Marie MacDonald implores fans to 'quit the Toronto bashing'

Ann-Marie MacDonald's long-awaited new novel is set in Toronto's Annex, and she admits it's semi-autobiographical. The book follows the life of an author whose career is on hold while she raises two small children. HANNAH YOON/THE CANADIAN PRESS

Ann-Marie MacDonald made a carefully calculated decision to showcase Toronto in her new novel Adult Onset, which includes hyper-detailed descriptions of coffee shops, convenience stores and hipster lingerie boutiques in the city's Annex neighbourhood.

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people,'" the acclaimed author said in a recent interview.

"Because everyone likes to kick Toronto around. Like, internationally, we're known for some very important things but we're not known for our neighbourhoods. And the rest of Canada likes to resent us for some fantasy of what they think Toronto is."

At this point, her thespian background kicks in.

"Folks, just come to Toronto and quit the Toronto bashing," she beseeches.

"It's not simply the marvellous city of the Toronto film festival ... it's also a city of neighbourhoods. "

Inhabiting those neighbourhoods in Adult Onset (Knopf Canada) is MacDonald's protagonist, Mary Rose MacKinnon, a successful author whose career is on hold as she navigates the grindingly relentless routine of caring for her two small children and a dog, while her partner Hilary is out West directing a play.

Amid a fatigued haze of tantrums, meal-making and mundane chores, Mary Rose (whose family call her Mister) ruminates on the past, and how her parents dealt with a childhood health issue that still nags.

Fans of MacDonald have been eagerly anticipating the novel, the author's first since 2003's Scotiabank Giller Prize-shortlisted The Way the Crow Flies.

She's been far from idle in the interim, busy with film and theatre work, hosting CBC's The Doc Zone, and raising two children with her partner, playwright and theatre director Alisa Palmer (the family is currently living in Montreal).

Although some authors balk at questions about whether their fiction is biographical, the issue seems unavoidable with Adult Onset, which took four years to write.

MacDonald chuckles at the query, saying it's one she's fielded for every one of her books — including her 1996 debut novel, the Oprah Winfrey-anointed drama Fall on Your Knees.

"The truth is that they're all autobiographical," she said. "I was at a cottage late in the summer and someone (asked), 'Who said: Fiction is personal experience transformed?' And I perked up and I said, 'Well I think I did, or I'm going to.' And someone else said, 'It was (Trinidadian writer) V.S. Naipaul who said that.' And I said, 'Well close enough, it's now going to be my quote.' What else are we working with?"

MacDonald, 55, is not suggesting the events in her books "concretely happened," just that they are her "portal onto this world."

She calls Adult Onset an "extraordinary challenge," before asking permission to describe her process in theatrical terms.

"It's almost like I thought, 'I am going to do something very low-tech, I am not going to have a lot of lighting, props, set, costume — bare stage, almost a one-woman show," she said. "Acoustic, there's a stool in the middle of the stage."

But, she added, "Anytime ... you think you're seeing the back wall of the theatre, you think you're seeing a bare stage, you think you're seeing the absence of artifice, it's not true."

The experience of Adult Onset clearly wasn't an easy one. The author jokes that if she ever writes another book, it'll be set "in a land far away in a time long ago."

Despite her long list of accolades, MacDonald confesses to being "tremendously nervous" about the novel's release, which includes a book trailer, something she's wanted to do since Fall on Your Knees. She's also excited about discussing her work publicly, saying the book "doesn't exist" until it's being read.

And she's looking forward to introducing readers to Toronto through her loving descriptions of its neighbourhoods, something she considers a "gift to the people who care" about the city and an "invitation" to those who don't know it well.

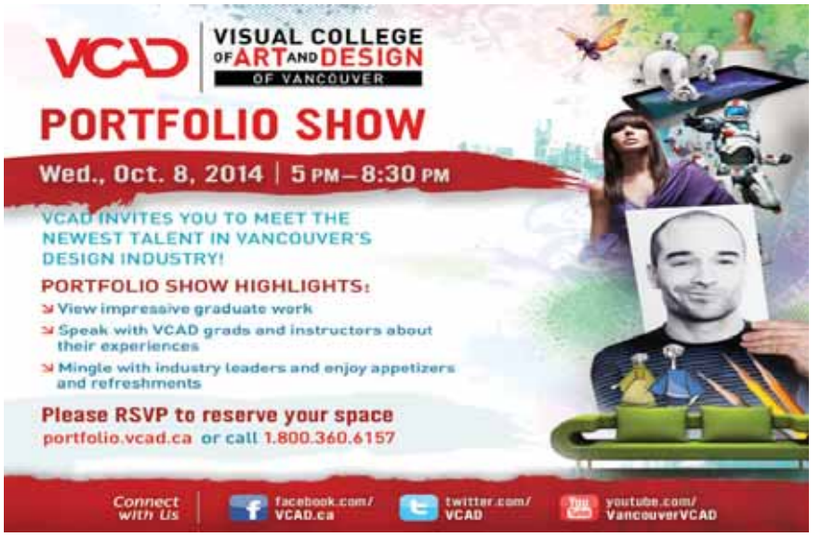
"One book feeds another and another and another, until we build up an image bank, such that, down the line, a reader in the Netherlands comes to the corner of Bathurst and Bloor and has a sense of what that is."

THE CANADIAN PRESS

Quoted

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people.'"

Author Ann-Marie MacDonald, on her new novel, Adult Onset, set in Toronto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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Theroux-ly annoyed by the press pointing to a biological clock

Justin Theroux ALL PHOTOS GETTY IMAGES

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do?" Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.

Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.

Keanu Reeves

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledging online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

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Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA KIS
Metro in New York City

Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

When it comes to our diets, we tend to focus on the foods we eat.

But increasingly, scientists are looking at what we drink as having a significant impact on our well-being.

We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect.

Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather than not drinking anything at all."

Read the tea leaves

"Tea drinkers have healthier lifestyles."

Nicolas Danchin
Professor and author of a study of 131,000 French people that found having a daily cup of tea cut the risk of non-cardiovascular death by 24 per cent.

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caffeine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."

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Twin Peaks. Ready to make the best of a bad Bob, again

As the rumours became increasingly persistent, David Lynch finally made it official on Twitter: The cult series Twin Peaks will return to TV.

Premiered in 1990, Twin Peaks was only on the air for two seasons but is remembered as one of the most influential shows in American TV history.

Created by Mark Frost and David Lynch, the drama depicts the investigation into the mysterious death of Laura Palmer in the sleepy town of Twin Peaks.

David Lynch himself finally confirmed the news on Twitter on Monday, with a link to a YouTube video and a short message: "Dear Twitter Friends ... it is happening again."

The video shows the beloved Twin Peaks sign, Laura Palmer's face in front of the red curtains and the captions "25 years later" and "2016." The clip ends with the Lynch/Frost Productions logo, confirming that the famous director is producing this reboot.

Long rumoured, the third season will finally become a reality on Showtime. Excited fans are already wondering whether it will be worth the 25-year wait. **AFP**

David Lynch, creator of Twin Peaks AFP FILE

Lightning strikes. Suiting up for life in The Flash lane

The Flash (Tuesday at 8 p.m. EDT on CTV) is a series about a young man — Barry Allen — who gets struck by lightning and becomes the fastest person alive. But when actor Grant Gustin got the news he'd got the role, his wait to begin shooting was anything but quick. It was nine months before he would suit up and head to set.

"I'm glad I didn't break a leg or something," joked the 24-year-old Virginia native in an interview.

TV viewers got a sampling of Gustin as Allen last year, when he appeared in two episodes of The CW's Arrow (before his character becomes The Flash).

That in itself was a big deal. "It was the most scene work I had ever gotten to do on camera. Even though I was guest-starring, it felt like a big role already. It was really cool, really cool," recalled Gustin.

Prior to The Flash, he was best known for a recurring role on Fox's Glee, playing a high school student in a rival glee club.

Grant Gustin as The Flash CTV

Putting on the costume has been a treat.

"I've literally laughed because I'm wearing it, I've taken so many hilarious selfies that nobody will ever get to see because I would get in trouble," Gustin said.

THE ASSOCIATED PRESS

Online petition

Are the Ewings done? Fans hope to save Dallas

Late last week, TNT announced the end of its Dallas reboot after three seasons. The news is devastating for the show's fans, who are taking action with an online petition.

Has the small screen seen the last of the Ewing family? Maybe not. In an Oct. 3 release, TNT announced it would discontinue its reboot of the iconic 1980s soap opera. As the trade press has been quick to point out, the network likely gave up hope due to the show's declining ratings.

Though the network has declared there will be no Season 4, Dallas fans are hoping to turn things around. The online petition Help Save Dallas TNT has already been signed by 46,000 fans. The goal is to collect six million signatures, which might convince the network to rethink its decision. The idea is not as crazy as it may seem, since other series including Chuck and Roswell have been saved from cancellation thanks to fans' appeals. **AFP**

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When you get to work with Vera talented co-stars

The Judge.
Vera Farmiga shares what it's like to work opposite the freewheeling Robert Downey Jr.

NED EHRBAR
Metro World News in Hollywood

Vera Farmiga joins an incredible cast with a very deep bench in The Judge, playing the high school sweetheart of Robert Downey Jr.'s Hank, a hotshot lawyer and prodigal son who returns home to defend his father (Robert Duvall) in court. The ever-effusive Farmiga has more than a few nice interesting to say about her co-stars.

The cast in this is kind of ridiculous.
I know, I know. It's first class. It's what you ache for as an actor, to be surrounded by greatness. Because it lifts your game. And you learn, and you want to watch them, you respect them so much. They may seem daunting, but if there's any skittishness or nerves you get over it very quickly because of their sensibilities as human beings. They're very approachable. They're very open, they're humble. I spent more time with Downey than I did with Duvall, and yeah he's this uber-rock star, but he's got a real sense of vulnerability and openness — and even insecurity at times. You know that mega-persona? You don't feel that when you meet them. And I think what makes them great actors is they're storytellers. It's not about them, it's about telling the best possible story. There's not much time to wallow in any insecurity. You just go to work and you're so happy to be among such pros, such athletes, such heavyweight champions.

You're no slouch yourself, though.
I guess not, I've got a couple notches on my belt as well. I don't know, this is what you hunger for. Whether you're working with a heavyweight champion or whether you're working with a welterweight, it has to do with openness and humility.

Not that Downey is tough to be around, but you two have some great chemistry.
It's not something that just happens — it can be, but I think it is a skill that you hone, which comes from listening to each other, provoking each other, responding.

How does one provoke Robert Downey Jr.?
Surprises — he likes surprises. Improvisation actually scares me. I prefer scripted improvisation. When the camera is off, I don't mind tooling around and then taking what works in that improvised rehearsal and then scripting it. But he's so loose, so carefree, so inventive that it's really challenging in a scene. He doesn't like repeating moments. He's confident enough to know if a camera has got a certain take, try something different. It's very fresh and it's very organic and you've got to pay attention.

I was offended on your character's behalf when he assumed you were still a waitress when you had in fact bought the restaurant.
Yeah, that's fun, huh? Sure, he comes, thinks he's hot s---. Big city lawyer, nothing's changed. He's got his head so far up his own ass that he flat-out doesn't inquire. It's all about Hank.

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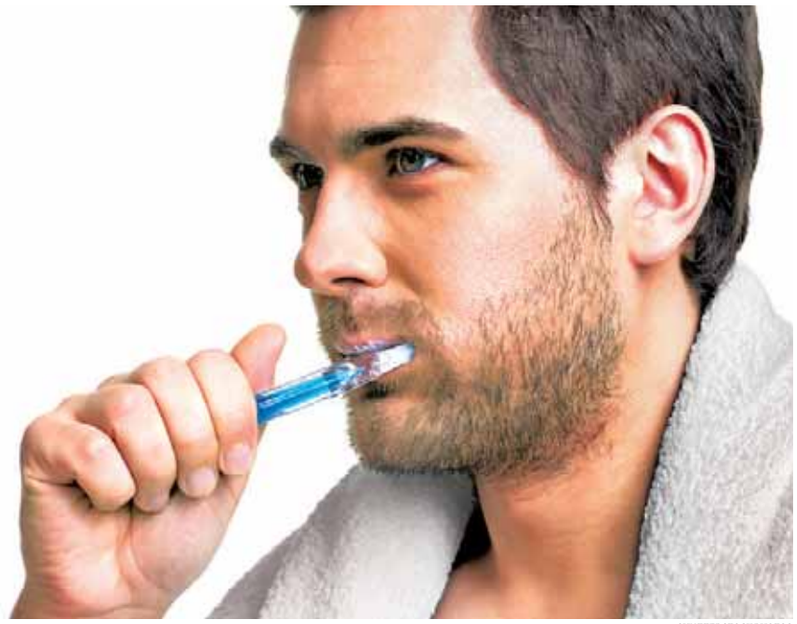
Quoted

"There's not much time to wallow in insecurity. You just go to work and you're so happy to be among such pros, such athletes, such heavyweight champions."
Vera Farmiga on working with talented actors in The Judge

Vera Farmiga stars in The Judge, which opens next Friday. CONTRIBUTED



SHUTTERSTOCK PHOTOS

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experience the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says.

She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste.

Just in time for this winter season, Crest is launching Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.

CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

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Kris Abel
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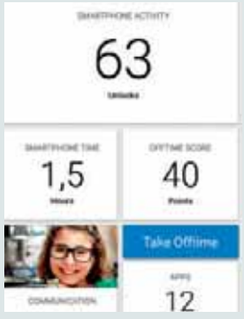


Taking a big bite out of joint pain

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Free radicals are unstable molecules that attack healthy cells.

They raise inflammation and speed up the aging process, including deterioration of cartilage. That's bad news for everyone — especially for those with arthritis.

The good news? A diet rich in foods with anti-inflammatory compounds helps reduce joint inflammation and pain.

In the October issue of Best Health magazine, we highlight three of those foods.

Colourful produce is high in antioxidants. ISTOCK

Pomegranate
When researchers at Case Western Reserve University in Cleveland put pomegranate extract on samples of cartilage damaged by osteoarthritis, it lowered levels of an inflammatory chemical linked with overproduction of a certain enzyme.

This enzyme is essential for cartilage replacement, but when too much is produced (as in osteoarthritis), cartilage wears down.

Joints likely absorb the juice when you drink it.

Aim for two to three tablespoons (30 to 45 ml)of undiluted juice daily.

Colourful produce
It's high in antioxidants and fights free radicals.

A Japanese study found that free radicals sabotage the ability of our cartilage to maintain and repair itself.

People with arthritis have more than their fair share of free radicals, so they must make an extra effort to get more antioxidants, especially beta carotene and vitamin C.

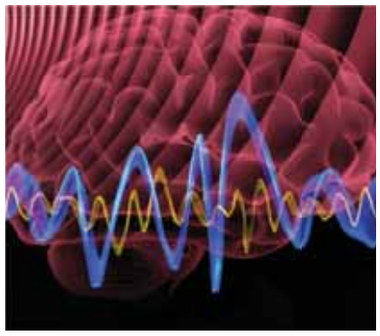
Aim for five to six servings of vegetables and three to four servings of fruit daily. Go for a colourful variety.

Fatty fish
Omega-3 fatty acids boost production of "resolvins," a class of anti-inflammatory fats. They inhibit the activity of inflammatory cells, a good thing for people with osteoarthritis or rheumatoid arthritis (the latter can inflame organs as well as the joints).

Aim for two to three servings (each 125 grams) a week of fatty fish such as herring, salmon and mackerel. If you don't like fish, have one to two tablespoons (15-30 ml) of ground flaxseed daily or take a fish- or krill-oil supplement. **FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

BIOFEEDBACK FOR THE BRAIN
DISCOVER THE BENEFITS OF NEUROTHERAPY

Do you, or does someone you know, suffer from:



- Depression
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- ADHD
- Brain injury
- Learning difficulties
- PTSD
- Other conditions associated with inefficiencies in brain functioning

Swingle Clinic is one of the largest clinics providing neurotherapeutic treatments in North America and is visited by more than 13,000 people per year. Come and learn why many people choose neurotherapy as their treatment method. We will describe the "brain mapping" procedure that precisely identifies symptoms, and the methods used to correct brain inefficiencies.

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Admission is free; seating is limited.

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Where: Central Library - Alice MacKay Room, 350 W Georgia, Vancouver BC

RSVP 604-608-0444 or reception@swingleclinic.com

Study: Does exercise lead to boozing?

We may be rewarding ourselves with more than dessert on days we exercise, according to a study.

On days when people exercise more, typically Thursday through Sunday, researchers found that they also drink more alcohol.

"Monday through Wednesday people batten down the hatches and they cut back on alcohol consumption," lead author David E. Conroy says.

"But once that 'social weekend' kicks off on Thursdays, physical activity increases and so does alcohol consumption."

The study's 150 participants, aged 18 to 89, tracked their physical activity and drinking habits via smartphone for three-week periods three times throughout the year.

The researchers found that, across all ages and levels of fitness, on days people are more active they tend to drink more than on days with less activity. The study did not ask people their reasons for drinking.

A new study showed that people drink more on days during which they were more physically active. ISTOCK

"Perhaps people reward themselves for working out by having more to drink, or maybe being physically active leads them to encountering more social situations where alcohol is consumed," Conroy says.

The professor of preventive medicine at Northwestern University says this method gave a more accurate picture of people's behaviour versus typical self-assessments.

Instead of having to remember the previous 30 days, participants used the smartphone to keep a daily diary, which makes them less likely to forget or to be biased in their personal responses, he says.

EVA KIS, METRO NEWS IN NEW YORK

Let's talk sex — but not the porn kind

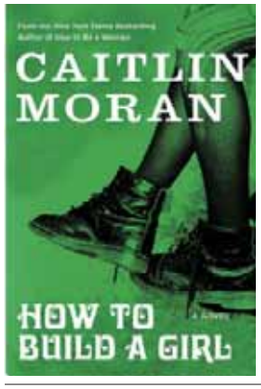
New book. Author Caitlin Moran has written a novel that aims to reclaim the joys of the feminine experience

EVA KIS
Metro in New York City

Caitlin Moran's protagonist in her new novel How to Build a Girl is, as the title implies, a work in progress. But she doesn't need anyone's help — especially not when it comes to sex.

Johanna Morrigan's gluttonous embrace of the world extends to her libido, uncommon in books about 14-year-old girls and not because that impulse isn't there.

And it certainly didn't wait to be awoken by a man, a criticism Moran has levelled at many of the current entries in the YA genre.



How to Build a Girl reclaims the joys of the feminine experience.

At the book's U.S. launch in Brooklyn, Moran discussed what's wrong with sex for women (of any age) and modern female protagonists.

Another kind of teenage girl

"This book is about many things, but the main thing is that it's a filthy book — it opens with a wank. Basically, I wanted to write about a horny teenage girl I don't see often in popular culture, (to) reclaim the word 'slut.'"

What's missing by omitting women's perspective

"In this book (the first in a trilogy), Johanna doesn't feel confident enough to let a man give her pleasure. She's never seen a man making a woman come. So she doesn't even know where that would happen in the sex; she's worried that if he tries to make her come with his hand that it might take too long, that she'd be known as a handwearier."

The sex you have should be your own

"Girls feel that if you've said Yes at some point to sex, then you have to see it through, it's almost like you've done some kind of contract and you'll be seen as a disappointer if you back away. The two most powerful words you'll learn as a girl are Yes — and No."

Author Caitlin Moran's book How To Build A Girl is aimed at young adults. It explores sexuality from the view of a 14-year-old girl. CONTRIBUTED

How porn warps women's view of sex

"This is something I realize that I had done, and as soon as I'd realized it, I was horrified, but if you're a woman, very often, you're not kinda going, 'I'm having sex,' you're thinking what he's thinking. You're going, 'Wow, I must look really good doing this, he must be really enjoying that.' And that's because female sexuality has been mediated through the male gaze. Because of pornography, women are lying there being a porn director in their head, never thinking about what they want to do next.

"That's why (Johanna) starts off with a wank — the first thing she does, you realize that she is in touch with her own sexuality, that she knows how to please herself."

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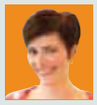
Health Solutions

Digging in the cereal box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: white flour and sugar, and flavourings. There is then a fortification of liquid multi-vitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been some recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
- Wheat-free
- Short list of ingredients
- Nuts, seeds, flax, ancient grains
- 100 to 150 calories per cup
- 3 to 10 grams of fibre (not from inulin)
- 2 to 10 grams of protein
- Any cereal containing soy or corn must be organic to avoid genetic modification
- Sugar and sodium should be as low as possible
- No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Alternative Thanksgiving Week.

Vegan guests and those with celiac disease will dig into these stuffed apples

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster.

Here is a dish that will please everyone with its beauty, nutrition and deliciousness. It's a simple way to turn ho-hum stuffing into a focal point. Better yet, it can be eaten by any guest with almost any dietary restriction. Whew!

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

This Gluten-Free Stuffing Stuffed Baked Apples recipe serves four. THERESA ALBERT

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir in spices and toast Whole O's, 2 minutes. Add broth and simmer until absorbed.

3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Squash gets a little bit fancy

This Winter Squash Stuffed With Red Quinoa recipe serves six. THE CANADIAN PRESS

1. Heat oven to 230 C (450 F).

2. Cut thin sliver from uncut bottoms of each squash half (so they'll stand flat). Place squash halves, cavity side up, on rimmed baking sheet and use 15 ml (1 tbsp) of oil to brush cavities. Sprinkle cavities with brown sugar, 3 ml (3/4 tsp) of salt and pepper. Bake 30 minutes or until almost fork-tender.

3. Meanwhile, in saucepan, bring 500 ml (2 cups) of water to a boil. Remove from heat, add tea bag and steep 3 minutes. Discard tea bag.

4. In another saucepan, heat 15 ml (1 tbsp) oil over medium heat. Add scallions and garlic and cook 2 minutes, stirring occasionally, until tender. Add quinoa, brewed tea, thyme and remaining salt; bring to boil. Reduce to simmer, cover and cook 17 minutes or until quinoa tender and liquid absorbed. Stir in butter and pecans.

5. Divide quinoa among squash, tent loosely with foil and bake 30 minutes.

Ingredients

- 2 acorn squash (750 g/1 1/2 lb each), halved lengthwise and seeds discarded
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) plus 5 ml (1 tsp) brown sugar
- 7 ml (1 1/2 tsp) coarse salt
- 2 ml (1/2 tsp) black pepper
- 1 English Breakfast tea bag
- 3 scallions, thinly sliced
- 2 garlic cloves, thinly sliced
- 250 ml (1 cup) red quinoa, rinsed
- 1 ml (1/4 tsp) dried thyme
- 30 ml (2 tbsp) unsalted butter
- 125 ml (1/2 cup) pecans, chopped

THE CANADIAN PRESS/THE BEEKMAN 1802 HEIRLOOM VEGETABLE COOKBOOK BY BRENT RIDGE AND JOSH KILMER-PURCELL (RODALE INC., 2014).

NFL

Oft-penalized Seahawks handle Washington

For nearly a half, Seattle's penalty yards outnumbered Washington's total yards. Those self-inflicted wounds, more than anything, kept the Monday night game as close as it was.

Russell Wilson rushed for a career-high 122 yards on 11 carries, and the Seahawks survived their "neutral zone infractions," holds, false starts and other miscues in a 27-17 win over the Redskins, extending Seattle's tradition of dominance in prime time while handing Washington another deflating moment under the lights. THE ASSOCIATED PRESS

NHL

Johansen strikes deal with Jackets

Ryan Johansen has missed most of camp yet is still a Columbus Blue Jacket.

The 22-year-old centre and the team's leading scorer finally reached agreement with the club on a three-year deal that will pay him US$3 million each of the first two years and $6 million in the third year.

The cap hit will be $4 million per season, according to figures supplied by the office of Johansen's agent, Kurt Overhardt.

Johansen had totalled just 14 goals and 19 assists in his first 107 NHL games before exploding for 33 goals and 30 assists in 82 games last season while leading the club to its best regular-season record ever and a rare berth in the playoffs. THE ASSOCIATED PRESS

Cardinals in position to eliminate Dodgers

The Cardinals' Kolten Wong celebrates hitting a two-run home run in the seventh inning against the Dodgers during Game 3 of the National League Division Series on Monday night in St Louis. The homer off of Dodgers reliever Scott Elbert broke a 1-1 tie and the Cardinals went on to win 3-1. They now lead the best-of-five series 2-1 with Game 4 scheduled for Tuesday.

DILIP VISHWANAT/GETTY IMAGES

Giants throw away sweep of Nationals

MLB playoffs. Washington lives to play another game thanks to rare lapse by San Francisco ace

The Nationals' Wilson Ramos scores past the tag of Giants catcher Buster Posey during Game 3 of their NL Division Series in San Francisco on Monday.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said. "Fortunately a ball bounced our way."

Drew Storen allowed the first two batters to reach in the bottom of the ninth but shook off his post-season struggles, allowing a run in closing it out as Washington forced a Game 4 on Tuesday night.

Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

On a day Bumgarner had been nearly untouchable, his 21-inning post-season scoreless streak ended on his own miscue. Now, the Giants must wait another day to try to eliminate the Nats, who trail 2-1 in the best-of-five.

THE ASSOCIATED PRESS

4 SPORTS

Sedin twins welcome return to creative hockey

NHL. Canucks have depth but still rely on the Swedish brothers to produce on offence

CAM TUCKER
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With so much change around the Vancouver Canucks, one thing remains the same: Daniel and Henrik Sedin will still be counted upon to carry the offence.

The supporting cast has improved considerably throughout the lineup from last year.

And unlike last season when there was a revolving door of candidates to play on the right side of that top line, it appears the Sedins have their man in Radim Vrbata, a smooth skater with a quick shot and not far removed from a 35-goal season.

Secret to twins' magic

"They do their most when they're fresh and we have to keep them fresh."

Head coach Willie Desjardins
on the Sedin twins

The Sedins, themselves, are coming off their worst offensive seasons since before the second lockout.

Injuries played a part last season.

And that usual creative and killer instinct seemed completely spent some nights under John Tortorella.

As the Sedins' production plummeted, the Canucks' ability to score fell, too, with the team finishing 28th in goals-for per game.

"I think you're going to see … better hockey, more offensive hockey," said Henrik Sedin.

A quicker-paced puck possession game has also got the Sedins' attention.

"We've held onto pucks and crossed over the blue-line with speed and more creativity," said Henrik.

The Sedins turned 34 years of age last month during training camp.

Their linemate, Vrbata, a free agent signing in July, turned 33 a month earlier in June.

Depth had become a major issue for the last two years. It was clear that when the Sedins struggled and injuries began to mount, the Canucks didn't have the players on their own roster, or in the American Hockey League, to make a positive difference.

Daniel Sedin, right, and brother Henrik Sedin will man the Canucks' top line with newcomer Radim Vrbata.
BEN NELMS/THE CANADIAN PRESS

The new management group has tried to change that.

On paper, at least, the Canucks have the potential for four lines, each one capable of scoring — some definitely more than others.

A deeper team means there's no need to run the Sedins into the ground.

That's not to suggest the Canucks aren't reliant on them to lead the way when it comes to scoring.

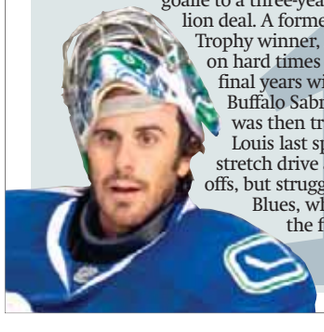
"You like having them on the ice because they do so much. But you have to be smart," said head coach Willie Desjardins. "They do their most when they're fresh and we have to keep them fresh."

Three players to watch

CAM TUCKER/METRO
Miller photo: The Canadian Press; Edler, Kassian photos: Getty Images

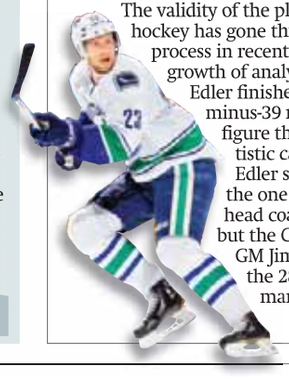
Ryan Miller

The Canucks landed Miller on the first day of free agency in July, signing the well-known goalie to a three-year, $18-million deal. A former Vezina Trophy winner, Miller fell on hard times during his final years with an inept Buffalo Sabres team. He was then traded to St. Louis last spring for the stretch drive and playoffs, but struggled for the Blues, who lost in the first round.



Alex Edler

The validity of the plus-minus statistic in hockey has gone through a debunking process in recent years with the growth of analytics in the game. But Edler finished with a league-worst minus-39 rating, a horrendous figure that no advanced statistic can prove otherwise. Edler struggled mightily in the one season under former head coach John Tortorella, but the Canucks, especially GM Jim Benning, believe the 28-year-old defenceman can bounce back.



Zack Kassian

Kassian is done commenting about whether his role is as a bottom-six or top-six forward. Understandable. He's got the size, at six-foot-three and 214 pounds. He's got talent and an edge to his game. And, despite being in and out of Tortorella's doghouse, his game started to come together toward the end of last season. He finished with 14 goals and 29 points. Can he take the next step? Is a 20-goal season in his immediate future?

Staying healthy

Burrows looks to bounce back for Canucks

Hard luck is part of hockey. Alex Burrows experienced this the hard way.

"It probably happens once throughout your career," said Daniel Sedin of Burrows and his struggles with injuries last season.

Burrows, the popular Vancouver Canucks winger, broke his foot in the first game of the 2013-14 season. He suffered a broken jaw in December. He injured his hand prior to the Olympic break in a scuffle with Phil Kessel.

Alex Burrows
GETTY IMAGES FILE

Health alone, it went from bad to worse for Burrows. His goal total fell, too. He scored just five times in 49 games.

However, even through arduous times, the now 33-year-old Burrows, who earned his way to the NHL after toiling in the ECHL, kept a positive outlook, according to Sedin.

"He's the kind of guy you love to have on your team because even throughout last year when he was struggling … he's always upbeat," said Sedin.

With the Canucks under new management and coaching staff, Burrows has been moved off the top line with the Sedin twins.

He's on the wing on the consensus second line, which includes newcomer Nick Bonino in the middle and Chris Higgins on the other wing.

Can the second line help alleviate the pressure on the Sedins and Radim Vrbata?

The Canucks desire to play a puck possession game under Desjardins.

Perhaps reverting back to that familiar style can help Burrows find the scoring touch from years past.

"Obviously I'd like to stay healthy," said Burrows. "But I want to play well. I want to contribute to the team's success and that's the most important for me." CAM TUCKER/METRO

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus
April 21 - May 21
What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini
May 22 - June 21
Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer
June 22 - July 23
Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo
July 24 - Aug. 23
According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo
Aug. 24 - Sept. 23
Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra
Sept. 24 - Oct. 23
Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio
Oct. 24 - Nov. 22
There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

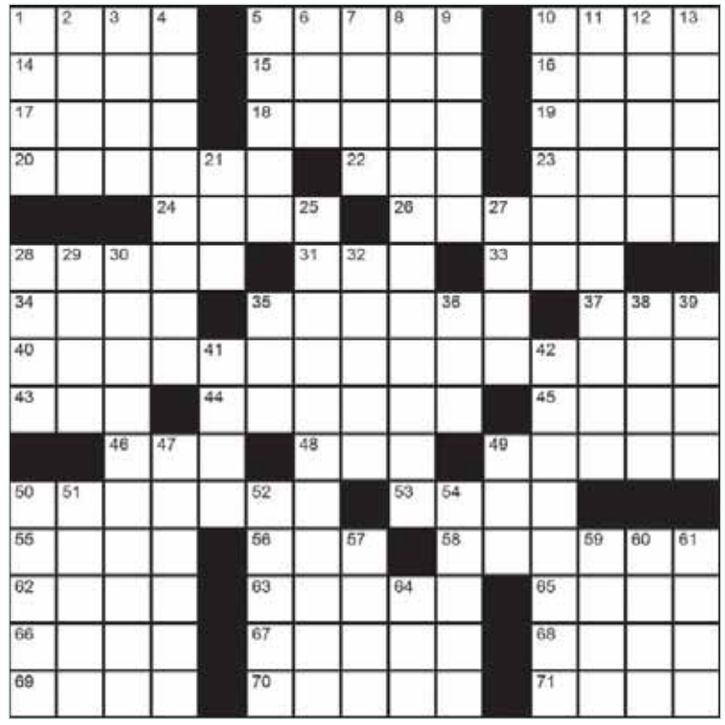
♐ Sagittarius
Nov. 23 - Dec. 21
Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn
Dec. 22 - Jan. 20
If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius
Jan. 21 - Feb. 19
You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces
Feb. 20 - March 20
It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan



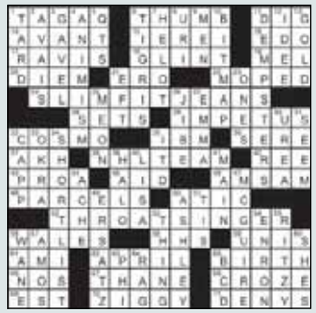
Across

1. Canadian artist, Wanda __
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at __ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in $$$
35. 1987 U2 album: 'The __ Tree'
37. Thrill __ _ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course
56. Plane's take-off info
58. Foreigner hit
62. __-de-camp
63. __ River, BC
65. Some punk music fans
66. Musical Lady
67. __ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-halos

Down

1. Held
2. Medley meal
3. Margarine
4. __ Brothers: "Soul City" Canadian group
5. Dance style
6. Shade
7. Classical song
8. Calgary Stampeders mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse
11. City of the dead
12. __ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. __ __ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/Uma Thurman spy movie, "The __" (1998)
47. Greece-__ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	2				4	9	
			9		1			
9	1			3			7	8
		6	2		5	1		
5								7
		3	8		6	9		
7	5			2			4	6
			6		4			
	8	4				3	2	

Yesterday's Sudoku

8	1	9	2	5	4	6	7	3
2	5	3	6	7	9	8	1	4
6	4	7	1	3	8	9	2	5
7	9	1	5	8	2	4	3	6
3	2	8	9	4	6	1	5	7
5	6	4	7	1	3	2	9	8
9	7	5	4	6	1	3	8	2
1	3	6	8	2	7	5	4	9
4	8	2	3	9	5	7	6	1

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